

Navy JAG Finishes Marine Corps Marathon 12th Overall

WASHINGTON NAVY YARD, DC -- Lt. Phil Reutlinger took first place for the Navy and 12th place overall in the Marine Corps Marathon Oct. 29. Also racing that day was his newlywed wife, Becky Reutlinger.

Phil Reutlinger's time was 2:33:26 and Becky Reutlinger finished in 3:33:17.

Phil Reutlinger is a member of the Navy's Judge Advocate General's (JAG) Corps and is stationed at Naval Legal Services Office North Central located on the Washington Navy Yard. He is also on the All-Navy Marathon Team.

The couple's training mainly consisted of "a lot of running," Phil Reutlinger stated. Phil Reutlinger ran 85 to 110 miles a week while he kept up a demanding Navy work schedule. Phil Reutlinger found a parallel in his marathon training and his professional legal career in the Navy. He explained both took a lot of persistence.

"Things don't happen in running or in a law career quickly. It takes lots of training miles to have a great 26 mile race. It also takes a lot of studying and work to become a great lawyer," said Phil Reutlinger.

Phil Reutlinger praised the Navy for allowing him the flexibility to accomplish his running goals. "My command wants me to achieve the goals I have set for myself," said Phil Reutlinger. "They are willing to work with me to accomplish these goals. My command allows me to schedule my training runs around work. I know this would not have been possible if I were working as a civilian attorney."

Becky and Phil Reutlinger were married in July 2006 and started a newlywed tradition of special running dates. Once or twice a week, Phil and Becky Reutlinger go on training runs together. These consist of either a short run together as recovery from a harder morning run, or a speed workout on the track where they race each other. To make the speed workout competition fair, the races are handicapped. For instance, Phil Reutlinger will run a

mile and Becky Reutlinger will run $\frac{3}{4}$ of a mile.

"Running together is beneficial to both of our training programs because we push each other and it is our unique way of getting extra time together," said Becky Reutlinger.

As to the future, Becky Reutlinger added "we have not decided on what the next race will be for the two of us. Right now the goal is a fast recovery and then looking to some races in the spring."

Running a Marathon in Baghdad



Navy Lt. Kim McCann, assigned to MNC-I OSJA in Camp Victory, Baghdad, ran the Baghdad Marathon in the International Zone with a joint group of runners from OSJA Nov. 11. The 26.1 mile race winded its way through the International Zone including under the Saddam ceremonial swords/parade field.

LNC Brian Minock from TF-134 Legal/CCCI ran as well.

"He probably would have won it but he followed the race car that was supposed to lead the runners through the entire race," said Capt. Bruce MacKenzie, TF-134. "The car got lost and Chief Minock ran a few extra miles. He finished well."